

# NIDA Acting Techniques



Develop a broad range of fundamental acting skills through interactive acting exercises. Explore improvisation, spontaneity, physicality and the basics of the Stanislavski system. Collaborate with your class mates to develop your performance craft and extend your vocal technique with a variety of short texts.

DAY 1   SESSION 1	DAY 2   SESSION 1	DAY 3   SESSION 1	DAY 4   SESSION 1	DAY 5   SESSION 1
Introduction to NIDA Acting Techniques	Warm up	Warm Up	Obstacles	Warm up
Warm up	Physicality: working with the ensemble	Voice: Pitch and tone – apply to short text	Physicality: building tension	Collaboration and the ensemble: Play, spontaneity and freeing the imagination
Physicality: body awareness	Voice: Explore the various elements of a vocal warm up	Introduction to Objectives and Actions	Rehearse scenes-identify potential obstacles and how these impact your character journey	Rehearse scenes and feedback
Impro: physical and vocal offers				
Impro: accepting and yielding	Pitch and tone – apply to a short text			

DAY 1   SESSION 2	DAY 2   SESSION 2	DAY 3   SESSION 2	DAY 4   SESSION 2	DAY 5   SESSION 2
Impro: extending offers	Introduction to the Given Circumstances	Introduction to A/B scenes	Character	Sharing of scene work.
Exercise: sensory awareness/working with the ensemble	Exploring how Given Circumstances impact narrative	Actions: Experiment with the Given Circumstances and discover how these impact character journey and narrative	Exercise: character	Course debrief and feedback
		Casting for scenes	Rehearse Scenes	
		H/W: Prepare for rehearsal of your scene		